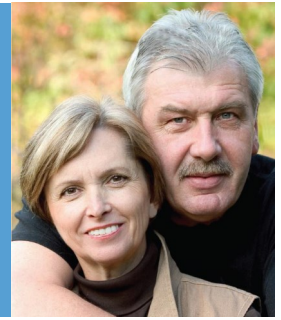


Pain Medicine Program

Genicular Nerve Block



Who is a candidate for a genicular nerve block?

A genicular nerve block is performed on patient with knee pain that may be caused by osteoarthritis, chronic knee pain, or degenerative joint disease. Some patients may receive this injection prior to or after a partial or total knee repair. A patient who is not stable for surgery may also receive a genicular nerve block.

What medications are used for a genicular nerve block?

A local anesthetic, such as lidocaine or sensorcaine, will be used. Contrast dye will be used to verify needle placement. The physician may choose to inject an anti-inflammatory such as methyl prednisone or triamcinolone.

How is a genicular nerve block performed?

A genicular nerve block is performed in the procedure room under fluoroscopy (an X-ray machine). The nerve block is performed under local anesthetic although conscious sedation may be used upon the patient's request. The patient is placed on their back. The knee is cleansed with betadine and then sterile towels are placed around the knee. The genicular nerves areas are targeted by using fluoroscopy. The physician will numb the skin by using a local anesthetic. Then needles will be gently inserted into the genicular nerve area. After placement of the needles the physician will inject a small amount of dye to verify the location of the needles. A small amount of anesthetic is injected into the area through the needles that have been placed. The physician may also choose to inject an anti-inflammatory medication at this time. After the medication is injected the procedure is complete and you will be taken to the post procedural area.

What should you expect after the procedure?

After the procedure you may have numbness to the injection site for several hours. Your legs may also feel heavy or numb for a short time. Your pain should improve or may even be eliminated from several hours to several days.

What does the outcome of the genicular nerve block mean?

If you have no pain relief, your physician will discuss other treatment plans with you. If you do have a positive outcome from the genicular nerve block your physician will discuss with you the radiofrequency ablation of the genicular nerve.

